



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09097, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids**

**Report Date: June 30, 2017 05:33 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 237g
<b>Proximates</b>					
Water	g	87.44	6	0.100	207.23
Energy	kcal	46	--	--	109
Energy	kJ	192	--	--	455
Protein	g	0.46	7	0.011	1.09
Total lipid (fat)	g	0.01	6	0.000	0.02
Ash	g	0.23	6	0.002	0.55
Carbohydrate, by difference	g	11.86	--	--	28.11
Fiber, total dietary	g	1.0	--	--	2.4
Sugars, total	g	10.86	--	--	25.74
<b>Minerals</b>					
Calcium, Ca	mg	8	7	0.294	19
Iron, Fe	mg	0.21	7	0.034	0.50
Magnesium, Mg	mg	7	6	0.162	17
Phosphorus, P	mg	14	6	1.278	33
Potassium, K	mg	95	6	6.143	225
Sodium, Na	mg	4	6	0.268	9
Zinc, Zn	mg	0.09	6	0.007	0.21
Copper, Cu	mg	0.062	6	0.004	0.147
Manganese, Mn	mg	0.146	--	--	0.346
Selenium, Se	µg	0.5	--	--	1.2
<b>Vitamins</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 237g
Vitamin C, total ascorbic acid	mg	2.7	7	0.096	6.4
Thiamin	mg	0.012	3	0.002	0.028
Riboflavin	mg	0.016	2	--	0.038
Niacin	mg	0.403	3	0.033	0.955
Pantothenic acid	mg	0.062	--	--	0.147
Vitamin B-6	mg	0.051	--	--	0.121
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Choline, total	mg	4.0	--	--	9.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	15	--	--	36
Retinol	µg	0	--	--	0
Carotene, beta	µg	154	--	--	365
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	58	--	--	137
Vitamin A, IU	IU	305	6	47.608	723
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	75	--	--	178
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.95
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	6.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.001	--	--	0.002
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 237g
14:0	g	0.000	--	--	0.000
16:0	g	0.001	--	--	0.002
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.002	--	--	0.005
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.002	--	--	0.005
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.004	--	--	0.009
18:2 undifferentiated	g	0.004	--	--	0.009
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0